

RECIPE



RECIPE TITLE

**Whole wheat ricotta tart with
colourful wild tomatoes**

FOR

1 Tarte

FROM THE FEATURE

Tomato Greatness

CONTRIBUTOR

Sophia Schillik
www.cucinapiccina.de

SISTERMAG

N°26

INGREDIENTS

Dough:

150 g whole wheat flour (plus regular flour for the countertop)

80 g cold butter, in cubes

1/2 tsp. salt

60-70 ml cold water

Filling:

400 g Ricotta

Fleur de Sel, freshly ground black pepper

Grated zest of 1 organic lemon

2 tbsp. flour

2 eggs, beaten

150 g crème fraîche

90 g parmesan, finely grated

STEPS

1. Preheat the oven to 200 °C. Warm a baking tray inside to produce a crispier crust.
2. Distribute the flour on your countertop or other working surface; add salt and mix. Add the butter cubes. Add the cold water and quickly knead into a shortcrust.
3. Form the dough into a ball, flatten it with your hands, and wrap it in plastic wrap. Cool for at least 1 hour.
4. Place the ricotta in a bowl and season with the salt, black pepper, and lemon zest. Then, mix well with the flour, eggs, Crème fraîche, and Parmesan.
5. Roll out the dough on your flour-coated working surface, about the size of the baking tray. Spread the dough onto the baking tray and pull the edges up along the sides of the

www.sister-mag.com



CONT.

Topping:

Colourful tomatoes of your choice

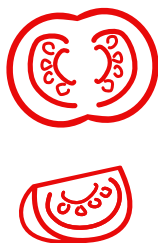
Olive oil

Fleur de Sel

1 tart tin with scalloped edge

tray; press against them. Poke it the crust several times with a fork. Cool the dough for about 30 minutes.

6. Take the tart out of the fridge. Cover the bottom with legumes or blind baking beans. Blind bake in the preheated oven for about 20 minutes.
7. Take it out of the oven and let cool shortly. Remove blind baking beans.
8. Spread the ricotta filling evenly across the dough. Place it back in the oven and finish baking for around 30 minutes, until the ricotta mixture has risen.
9. Cover the tart with aluminum foil after half of the baking time so the top doesn't brown too much.
10. Wash and dry the tomatoes. Depending on their size, either halve, quarter, or leave them whole. Cover the tart with the tomatoes. Sprinkle with oil and salt.



RECIPE



RECIPE TITLE

Pickled spiced cherry tomatoes with almonds and olives

FOR

4 people

FROM THE FEATURE

Tomato Greatness

CONTRIBUTOR

Sophia Schillik
www.cucinapiccina.de

SISTERMAG

N°26

INGREDIENTS

800 g cherry tomatoes (red and yellow)

Juice of 1 lemon

3 rosemary sprigs

1 tsp fennel seeds

1 tsp coriander seeds

4 green cardamom capsules

4 cloves

400 g sugar

Almonds

Black olives (without pit)

250 g Feta, cubed

Fresh rosemary sprigs

Glass of sardines

6 garlic cloves

STEPS

1. Wash and dry the tomatoes.
2. Carve into them diagonally with a sharp knife. Heat a pot of water.
3. Fill a bowl with ice water. Dip the tomatoes into the boiling water for about 10 seconds and immediately place them in the ice water after.
4. Let them cool shortly, and then carefully skin them. Mix 300 ml of water with the lemon juice and marinate the tomatoes in the liquid for about 15 minutes so they harden and don't fall apart too easily.
5. Gently push out the tomato seeds. Place the tomatoes in the lemon water again for 30 minutes.
6. In the meantime, boil 700 ml of water with

www.sister-mag.com

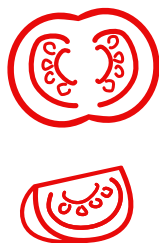


CONT.

rosemary, the spices, and sugar in a small pot. Let simmer on medium heat for about 10 minutes.

7. Take the tomatoes out of the lemon water. Cut a small opening into the fruits; fill them with the almonds and olives, separately.
8. Distribute the syrup into two small pots. Separately place the filled tomatoes (either with olives or almonds) into the spice syrup for four minutes and let them marinate for about 4 minutes on low heat.
9. Take off the stove and let cool, then remove the tomatoes from the syrup. Continue to cook the syrup until it develops a thick texture.
10. Place the tomatoes into sterilized jars with the feta cubes and rosemary sprigs. By preference, add a few garlic cloves or sardine filets.
11. For the sweet compote, fill the jar of almond tomatoes with the spice syrup; for the more spiced version, fill the jar of olive tomatoes (and sardines) with olive oil. Let cool and fasten lid.

12. The tomatoes go well with grilled fish; the sweet variety with cheese, and the spiced version with oil over paste or crunchy tomato-cucumber salad.



RECIPE



RECIPE TITLE

Baked Roma tomatoes with hazelnut oil and tomato jam

paired with red quinoa, prosciutto, nectarines and goat cheese

FOR

4 people

FROM THE FEATURE

Tomato Greatness

CONTRIBUTOR

Sophia Schillik
www.cucinapiccina.de

SISTERMAG

N°26

INGREDIENTS

700 g Roma tomatoes on the vine

4 tbsp. hazelnut oil

4 tbsp. tomato jam (see recipe)

Salt

2 dried chilies, ground

Lemon juice

150 g red quinoa

4 small sticks of goat cheese
without rind

2 tsp. acacia honey

2 tbsp. millet seeds (alternatively,
sesame seeds)

2 nectarines (alternatively, peaches)

8 slices prosciutto

Fresh basil

STEPS

1. Preheat oven to 180 °C.
2. Take the tomatoes off the vine, wash, dry, and halve. Place into an oven-proof form with the cutting side up, so that they can't tip over. Mix hazelnut oil with the tomato jam, salt, and chili; brush tomatoes with the mixture. Bake the tomatoes for about 15-20 minutes, again brushing them with the marinade halfway through the baking time.
3. Mix the remaining marinade with lemon juice and put aside to use as dressing later.
4. Cook the quinoa based on instructions on the packaging. Rinse and set aside.
5. Halve the goat cheese sticks with a sharp knife. Place on a baking tray with baking sheet, drizzle in honey, and sprinkle with millet seeds (or sesame seeds). Add to the

www.sister-mag.com



CONT.

tomatoes in the oven and bake for 5-10 minutes until golden brown.

6. Wash the nectarines or peaches, dry, and cut into wedges.
7. Take the tomatoes out of the oven, and season again with salt and chillies.
8. Spread the quinoa on plates, add two portions of feta, two slices of prosciutto, and a few nectarine wedges.
9. Add the hot tomatoes from the oven and garnish everything with basil leaves. Serve with the dressing.



RECIPE

RECIPE TITLE

Tomato jam

FOR

1 jar



FROM THE FEATURE

Tomato Greatness

CONTRIBUTOR

Sophia Schillik
www.cucinapiccina.de

SISTERMAG

N°26

INGREDIENTS

500 g tomatoes

1 tbsp. chili flakes

Juice of 1 lemon

A pinch of salt

500 g preserving sugar 1:1

STEPS

1. Place the tomatoes in a bowl and pour boiling water over them. Rinse, let cool, and skin. Halve and remove seeds.
2. Cut the tomatoes into large chunks.
3. Mix the tomatoes, lemon juice, salt, and chillies in a heavy pot and bring to a boil. Reduce heat and let simmer for about 6-8 minutes, until the tomatoes fall apart.
4. Add water or tomato juice, if the liquid evaporates too quickly.
5. Add sugar and heat carefully while stirring until it fully dissolves. Increase the temperature and allow the contents of the pot to well up.
6. Let it cook for about 5 minutes until thickened and the tomato jam begins to glisten.

www.sister-mag.com



CONT.

Intermittently stir so that the jam doesn't burn.

7. Remove the pot from the stove. Make the preserve.
8. Fill the finished jam in clean, sterilized jars. Close tightly and store in a cool, dark place or refrigerator.